


# PM3 VIEW DURING THE START SEQUENCE

When all ergs have stopped and rowers are at the sit ready position, the starter will begin the START SEQUENCE

|   |                  |
|---|------------------|
| 2000 <sub>m</sub>   | 0 <sub>s/m</sub> |
| :00 <sub>/500m</sub>  |                  |
| :00.0 <sub>ave /500</sub>   |                  |
|  Sit ready |                  |

This is the first screen that will show on your PM3 display.

|   |                  |
|---|------------------|
| 2000 <sub>m</sub>   | 0 <sub>s/m</sub> |
| :00 <sub>/500m</sub>  |                  |
| :00.0 <sub>ave /500</sub>   |                  |
|  Attention |                  |

Followed pretty quickly by this one.

|                           |                  |
|---------------------------|------------------|
| 2000 <sub>m</sub>         | 0 <sub>s/m</sub> |
| :00 <sub>/500m</sub>      |                  |
| :00.0 <sub>ave /500</sub> |                  |
| <b>ROW</b>                |                  |

There is a random time delay between Attention and ROW

Begin rowing when ROW is visible on your display. If you start early the computer will false start you. The clock starts timing when ROW appears.